

2020 GO TEAM GAMES



FOLLOW THE LEADER

Space Needs: Medium to large room, indoors or outdoors. If playing with your family, encourage proper hand hygiene before and after the game. If playing with members outside your family, make sure to social distance in a well-ventilated space, follow mask guidelines, and take part in hand hygiene before and after the game.

Materials: stopwatch on phone or tablet or wristwatch with time in seconds

Objective: Kids will learn different physical activities by moving around the room and following the leader in a game of pretend.

Set-up:

1. Make space for physical activity.
2. Move tables or chairs against the wall if necessary.

Steps:

1. Have kids sit on the floor in a tight group facing the leader.
2. Ask the kids to name different kinds of physical activity. Use prompting questions listed below. Ask
 - What does it mean to be active?
 - What do you think counts as physical activity?
 - What sports or activities do you like to do?
3. Explain: "All these things we named are considered physical activity because they help you burn energy, get your heart rate up, and get a little sweaty".
4. Instruct kids to put their hands on their hearts. Ask: "Can you feel your heart beating? Is it going fast or slow?" Take out a stopwatch/watch and explain: "I'm going to time you for 30 seconds. Count how many beats you feel for 30 seconds". Ask them to share how many beats they felt.
5. Explain: "We are going to pretend to do all those activities we were naming and follow the leader. Then we are going to see if we can feel our hearts beating faster."
6. Ask: "Are you ready?"
7. Ask the participants to watch the leader and follow him/her/them by copying his/her/their movements.
8. Start off by leading the kids in an activity that they named such as baseball. So, for example, pretend to swing a bat, run bases, catch a ball, etc. After a minute or two, switch to another activity such as football, soccer, dancing, etc. Spend about 10 minutes rotating through 15-20 activities.
9. At the end, ask the kids to place their hands on their hearts and time them again. Ask: "How many of you noticed your hearts beating faster? How many beats faster did you notice?" Explain: "This means you just gave your heart a workout!"

Debrief: Ask these questions to your kids to close out the game.

- Are you tired? Why do you think you're feeling tired?
- What activities did we do in this game? Does anyone have a favorite activity?
- Did we do any activities that were new to you? What kinds of activities do you think would get your heart rate up a lot? What kinds of activities would get your heart rate up just a little bit?